



**HEADQUARTERS NEW JERSEY ARMY AND AIR NATIONAL GUARD  
NEW JERSEY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS  
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FORT DIX, NEW JERSEY 08640-7600**

**ARMY BULLETIN NO. 34**

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**WEST NILE VIRUS PRECAUTIONARY MEASURES**

1. Recently, several dead birds were located in the vicinity of the Westfield Armory. The Union County Engineering and Public Works Department, Mosquito Commission's analyses of catch basins at and around Westfield Armory have tested positive for West Nile Virus (WNV). The catch basins were treated by the County and will be rechecked on a weekly basis.
2. While there is no immediate danger to personnel, several precautionary measures should be instituted to reduce the possibility of transmitting WNV.
3. Mosquitoes breed in standing water. Even a small bucket that has stagnant water in it for seven days can become home to up to 1,000 mosquitoes. **Armorers, Shop Chiefs and FTSSs stationed at all NJARNG facilities are required to conduct outside inspections/walk throughs weekly to monitor and eliminate potential mosquito breeding grounds.**
4. Here are some easy tips to eliminate standing water:
  - a. Dispose of tin cans, plastic containers, ceramic pots or similar water holding containers that have accumulated on your property. Do not overlook containers that have become overgrown by aquatic vegetation.
  - b. Pay special attention to discarded tires that may have accumulated on your property.
  - c. Drill holes in the bottom of recycling containers that are left out of doors. Drainage holes that are located on the container sides collect enough water for mosquitoes to breed in.
  - d. Clean clogged roof gutters on an annual basis, particularly if the leaves from surrounding trees have a tendency to plug up the drains. Roof gutters are easily overlooked but can produce millions of mosquitoes each season.
  - e. Turn over wheelbarrows and do not allow water to stagnate in birdbaths. Both provide breeding habitat for domestic mosquitoes.
  - f. Use landscaping to eliminate standing water that collects on your property. Mosquitoes will develop in any puddle that lasts for more than four days.
  - g. Maintain mechanical barriers (i.e., window and door screens) to prevent mosquitoes from entering buildings. Barriers over rain barrels or cistern and septic pipes will deny female mosquitoes the opportunity to lay eggs on water.

4. Personal protection. It is not necessary to limit any outdoor activities, unless local officials advise you otherwise. However, you can and should try to reduce your risk of being bitten by mosquitoes. The following are steps you can do to reduce your risk of becoming infected with West Nile virus?

a. Stay indoors at dawn, dusk, and early evening. This is when the primary mosquito vector is most active.

b. Wear long-sleeved shirt, long pants, and socks whenever you are outdoors; wear loose-fitting clothing to prevent mosquito bites through thin fabric.

c. Use insect repellents that have been approved by the Environmental Protection Agency (EPA). They are safe and effective.

d. For your skin, use a product that contains 20-50% DEET (N,N-diethyl-meta-toluamide). DEET in higher concentrations is no more effective.

e. Use a product with 10% DEET on children, and don't apply to their hands, which they often place in their eyes and mouths.

f. Apply DEET lightly and evenly to exposed skin; do not use underneath clothing. Avoid contact with eyes, lips, and broken or irritated skin.

g. To apply to your face, first dispense a small amount of DEET onto your hands and then carefully spread a thin layer.

h. For your clothing, use an insect repellent spray to help prevent bites through the fabric. Use a product that contains either permethrin or DEET. Permethrin is available commercially as 0.5% spray formulations. Permethrin should only be used on clothing; never on skin.

i. For optimum protection, soldiers should utilize the DOD INSECT REPELLENT SYSTEM. In addition to proper wear of the battle dress uniform (BDUs), which provides a physical barrier to insects, this system includes the concurrent use of both skin and clothing repellents:

(1) Standard military skin repellent: 33% DEET, long-acting formulation, one application lasts up to 12 hours, NSN 6840-01-284-3982.

(2) Standard military clothing repellents, either: aerosol spray, 0.5% permethrin, one application lasts through 5-6 washes, NSN 6840-01-278-1336; or impregnation kit, 40% permethrin, one application lasts the life of the uniform, NSN 6840-01-345-0237.

j. Vitamin B, ultrasonic devices, and 'bug zappers' are NOT effective in preventing mosquito bites.

5. SAAO-SOHM POC is WO1 Frank Albanese at (609) 530-4752 or frank.albanese@nj.ngb.army.mil.

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